

Utah Arthritis Advisory Council
June 11, 2008
11:30-1:30 pm
Room: 114

Meeting Minutes

1. Introductions

Attendees: Brooke Gardner, Lynette Hansen, Jorge J. ArceLarreta, Leslie Nelson, Karin Tatum, John Hill, Charlotte Vincent, Lisa Fall, Sara Salisbury, Olga Rubiano, David Turner, Nicole Bissonette, Randy Tanner, Natalie Smith, Karen Mangum

Guest: Heather Borski, Bureau of Health Promotion Director

New UAAC Members:

Brooke Gardner – University of Utah

Charlotte Vincent – Adult Services

DeeDee Lobato – SL Healthy Aging Program

2. New CDC Grant Cycle & 4 year plans (Nicole)

40 states applied - 12 were funded. Funding increased to \$465,000.00 with a focus on implementing evidence based programs.

A new direction for the next funding cycle:

1. Maintain program infrastructure
2. Continue to support BRFSS nationally and locally
3. Maintain current and develop new partnerships
4. Promote increased access and use interventions
5. Support policy and decision making to address arthritis
6. Evaluate our program
7. Work collaboratively with other chronic disease programs

Handout – Utah Arthritis Program Project Abstract Funding Opportunity:

- Evidence based program
- U of U clinics (10 clinics) teach classes – 6 week course
- Senior center
- Triple A's
- Support policies
- Educate office staff
- Reporting
- Work with other chronic disease programs

Closing – July 3rd

Review – July 7-11

Start Projects – August 1st

3. Mini-Grant Project Overview (Nicole)

- Mini grant funding – four years
- Based on year to year
- \$15,000.00
- Refunding based on performance

4. Senior Expo and Story Bank (Natalie)

Senior expo will be at South Towne –

8,000 attended last year, this year:

- 10 booths
- 3 facing each other
 - Demonstrations
 - Quick check
 - Refer to booth
- Lots of work shops
- Evidence based programs
- 100,000 pyramid?
- Market research – how and why would people want to get involved?
- Would like community involvement.

Sarah – will work on translators for the expo.

Story Bank story sharing – the link in on our website

5. Data Update (Randy)

Arthritis and Coexisting Conditions among Adults in Utah (review of and referring to handout and numbers)

- Percentage of adults with heart disease, diabetes and high blood pressure who also have arthritis, U.S. 2005
- Odds ratios of chronic diseases for adults with arthritis compared to those without arthritis, Utah BRFSS 2005 and 2007

Why were we interested?

- Age-adjusted percentage of Utah adults with other chronic health conditions by arthritis status, Utah BRFSS 2005 and 2007
- Percentage of adults with doctor-diagnosed arthritis and other chronic conditions, Utah BRFSS 2005 and 2007
- What does this mean for our program?

Proposed changes to the 2009 Arthritis Burden Core Module:

- CDC is keeping two questions
- CDC will be dropping three questions with replacement questions.

Optional Arthritis Management Module:

6. Other as proposed by group

Updates:

John Hill – developed a comprehensive osteoarthritis program

- Nutrition
- Exercise

Charlotte –

- Triple A's are interested
- Mini grant
- Getting people involved

Leslie –

- Spanish training
- Trainers to teach aquatic classes
- Juvenile activities event –
 - August 16th 9-11 a.m.
 - At gardener village.
 - Harry Potter theme
 - Crafts and activities
 - Everyone is invited

Lisa-

Arthritis Program-Just diagnosed

Hoping to make evidence bases program

Sign up for 6 week course right after diagnosis

Approach the Ad Council

- 3 year campaign
- Around arthritis awareness
- 2.3 million ... ?
- Will find out in August
- Start in 2009

Arthritis prevention bill passed – ½ signed on as co-sponsors with decision in the next couple of days.

Arthritis Walk

Brooke –

- U of U developed a four page assessment
- Arthritis is second to depression
- Chronic condition health coach
- A.F will assist

Karin –

- Young adults events
- Bi-weekly meeting
 - Dinner
 - Movie
 - To discuss problems and connect

- Participate as they want
- Total of 20 people participating – core of 8-10 people
- Contact through the foundation
- Support group environment
- Zero funding

Jorge –

- Self help programs
- Partnership with Hispanic TV
- People are interested the audience is there
- Hard to reach St.George, Moab, Monticello, Wendover etc. and unable to attend 6 week training for various reasons.
 - Weekend training?
 - Shorter courses?
 - Radio, TV, or in person are the best methods
 - Wont read/can't read
 - Many do not have the internet – internet based would not work.

David –

- New initiative(keeping arthritis for another year)
 - Fall prevention
 - Support groups
 - On calendar year
- Senior Center
 - Arthritis often causes falls
 - With activity recommendations to increase scores
 - 6 week course with increased numbers

7. UAAC Activities for 2008-2009 (Discussion – All)

Review of “Utah’s Arthritis Plan” same as email.

Would like to work together as a group:

Page 2, Goal 1 Data, Objective 2

Page 5, General awareness, Objective 1

Took kit – Hard copy and/or web based

Objective 2 and 3

- Work with TOSH
- High light – Jorge will help
- Nicole to provide contact list – would like TOSH list, John Hill list
- Increase practitioners
- Include large groups

Goal: To increase straight and partnerships

- Need marketing person for committee
- Healthy aging – funding to market
- Cross referrals

David – Would like a list of all senior centers for the entire state on the website for resources/access for all.

Next Meeting – January 2009